



VITALITY & ENERGY

Living Well

- Same as above for mindful and planned food / drink choices. Know and stay within healthy alcohol allowances. Know what you are putting into your body, the benefits, the risks and what you need to respect yourself and those who are important to you.
- Listen to your body and learn when it is hungry. If you tend towards over-eating or comfort eating, make sure you know what hunger feels like. Eat mindfully. Know what fuel you need to have enough energy and feel good. Avoid the stuff that makes you feel bad (physically or mentally) afterwards.
- Diarise when and what exercise you are committing to at the start of each week, plan it out and communicate to those who need to be aware you will be uncontactable during these times. Where possible, try to get into a regular routine so you don't have to think or question it happening. As a minimum, aim to get your heart rate up for 20-30 minutes per day, e.g. a brisk walk in the morning or early evening.
- Plan long weekends or short breaks throughout your schedule, get them into your diary 3-12 months ahead of time. Plan at least one longer (2+ weeks) break into your annual schedule, even if you don't know exactly what form or shape this will take.
- If you are not getting between 7-9 hours sleep regularly, you are short-changing yourself – setting yourself up for a harder than necessary experience of life. Adequate quantity and quality of sleep is frequently cited by specialists as the single most important health lever under our control. So, work backwards from when you need to be up in the morning, and stick to a regular bedtime as much as you can. Don't do any work for at least one hour before you want to be sleep, and be careful about what you read or watch in that last hour – the idea is to be calming and stilling the mind which means routine and predictable, e.g. familiar music, favourite authors, etc. If you must look at a screen, make it passive (TV) not interactive (social media/email).
- If you awaken in the middle of the night, try this trick: have a song lyric in mind (not the whole song) that you plan to sing in your mind over and over to block the anxiety and allow

“LISTEN TO YOUR BODY AND LEARN WHEN IT IS HUNGRY.”

you to fall back to sleep. Another option is to learn one of many meditation techniques and practice and use those skills to calm your mind. Try 'Sleep Easy' or 'SleepStream2' as good starting places.

- Or, imagine yourself in a favourite place that you know well and which invokes positive feelings (a childhood home, a beach, a holiday home). See yourself walking into this space and look at everything you can see – remember the layout of the house, what was in each room, where the doors and windows were, what furniture was there, and gradually make your way through the house as slowly as possible taking it all in. Think about the smells and sounds of your favourite place – what can you take in with your senses?
- Or, practice your conscious-breathing techniques (see Resilience & Equanimity).
- Keep your technology out of your bedroom altogether. Use an old-fashioned alarm clock, or set your device outside your bedroom door.
- If sleep is a real issue, get some professional help, there is specialist expertise available. (Ask your coach for a referral if this applies to you).
- After a work call or emails in the evening, make time to unwind a priority. See Resilience & Equanimity for some strategies.
- Review the items you have amber or red flagged and ask if you might be “self-sabotaging”? If you don't feel in good health, or your weight is not in a healthy range, or your diet is not good for you and/or you are missing out on the right exercise – what needs to change? If you haven't been to the doctor, what are you avoiding? It's probably time to review your priorities and think about the impact of your choices – on you and your health, on your family, on your performance at work.